

# Informed Dining

The Informed Dining program is a voluntary nutrition information program developed by the Province of British Columbia. For more information, please visit [www.InformedDining.ca](http://www.InformedDining.ca) or call Dietitian Services at HealthLink BC by dialing 8-1-1.

The nutrition information provided has been obtained through analysis using nutritional analysis software, on behalf of the Province of British Columbia, using information supplied by the restaurant, and is based on standard nutrient databases and product formulations. Variations in nutrition information obtained through analysis may occur for reasons including differences in suppliers, ingredient substitutions, recipe revisions, and/or season of the year.

## NUTRITION MENU

# PEARL FEVER

BUBBLE TEA HOUSE

The information in this guide is effective as of August 8th, 2017 and is based on our standard product formulations, variations may occur. Nutrition information was obtained through analysis using Nutritionist Pro and information provided by our suppliers.



BRITISH  
COLUMBIA

HealthyFamiliesBC 

# NUTRITION INFORMATION

## Daily Calorie and Sodium Requirements

Healthy adults should aim for 1,500 to 2,300 milligrams of sodium per day. Children and seniors need less. Healthy adults should aim for 2,000 to 2,400 calories per day. Individual needs vary depending on age, activity level and gender. (Source: Health Canada)

## MAIN MENU

*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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### Black Tea

Black Tea Iced	700	200	3	0	0	0	45	0	44	1	0	0	0	0
Honey Black Tea Iced	700	250	2.5	0	0	0	57	0	0	1	0	0	0	0
Lemon Black Tea Iced	700	230	1	0	0	10	60	0	58	0.4	0	0	0	0
Lychee Black Tea Iced	700	280	2.5	0	0	120	64	0	22	1	0	0	0	0
Mango Black Tea Iced	700	240	2.5	0	0	55	54	0	20	1	0	2	0	0
Passion Fruit Black Tea Iced	700	220	2.5	0	0	90	48	0	0	1	0	0	0	0
Peach Black Tea Iced	700	280	0	2.5	0	0	65	0	22	1	0	0	0	0
Pineapple Black Tea Iced	700	280	2.5	0	0	25	65	0	23	1	0	2	0	0
Strawberry Black Tea Iced	700	240	5	0	0	115	57	0	51	1	0	0	0	0

### Green Tea

Blueberry Green Tea Iced	700	225	0	0	0	80	57	0	53	0	0	0	0	0
Calpico Yogurt Green Tea Iced	700	350	0	0	0	25	99	0	0	1	0	0	0	0
Grape Green Tea Iced	700	220	0	0	0	0	54	0	12	1	0	2	0	0
Green Apple Green Tea Iced	700	260	0	0	0	0	65	0	22	1	0	0	0	0
Green Tea Iced	700	180	0	0	0	0	44	0	44	1	0	0	0	0
Kiwi Green Tea Iced	700	230	0	0	0	45	57	0	12	1	0	10	0	0
Lemon Green Tea Iced	700	230	0	0	0	10	59	0	58	1	0	0	0	0
Lychee Green Tea Iced	700	260	0	0	0	120	64	0	22	0.4	0	0	0	0
Honey Green Tea Iced	700	230	0	0	0	0	57	0	0	1	0	0	0	0
Mango Green Tea Iced	700	220	0	0	0	55	54	0	20	0.4	0	2	0	0
Passion Fruit Green Tea Iced	700	200	0	0	0	95	48	0	0	1	0	0	0	0
Peach Green Tea Iced	700	260	0	0	0	85	65	0	22	1	0	0	0	0
Pineapple Green Tea Iced	700	260	0	0	0	25	64	0	23	0.4	0	2	0	0
Strawberry Green Tea Iced	700	220	3	0	0	115	57	0	51	1	0	0	0	0

\*Portion size ordinarily served to the guest

# NUTRITION INFORMATION

	*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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## Milk Tea

Black Milk Tea Hot	700	350	19	15	0	0	75	53	0	52	3	0	0	0	0
Black Milk Tea Iced	700	440	21	19	0	0	95	72	0	71	3	0	0	0	0
Chai Milk Tea Hot	700	350	19	15	0	0	75	53	0	52	3	0	0	0	0
Chai Milk Tea Iced	700	440	21	19	0	0	95	72	0	71	3	0	0	0	0
Earl Grey Milk Tea Hot	700	350	19	15	0	0	75	53	0	52	3	0	0	0	0
Earl Grey Milk Tea Iced	700	440	21	19	0	0	95	72	0	71	3	0	0	0	0
Honey Black Milk Tea Hot	700	320	14	10	0	0	50	56	0	54	2	0	0	0	2
Honey Black Milk Tea Iced	700	450	19	17	0	0	85	79	0	78	3	0	0	0	2
Green Milk Tea Hot	700	320	15	15	0	0	75	52	0	52	2	0	0	0	0
Green Milk Tea Iced	700	360	16	16	0	0	80	63	0	63	2	0	0	0	0
Honey Green Milk Tea Hot	700	280	10	10	0	0	55	55	0	54	2	0	0	0	2
Honey Green Milk Tea Iced	700	370	14	14	0	0	75	71	0	71	2	0	0	0	2
Matcha Milk Tea Iced	700	435	18.3	18.3	0	0	110	76	0	70	3.9	0	0	2	0
Oolong Milk Tea Hot	700	350	19	15	0	0	75	53	0	52	3	0	0	0	0
Oolong Milk Tea Iced	700	440	21	19	0	0	95	72	0	71	3	0	0	0	0
Rose Milk Tea Hot	700	350	19	15	0	0	75	53	0	52	3	0	0	0	0
Rose Milk Tea Iced	700	440	21	19	0	0	95	72	0	71	3	0	0	0	0

## Flavoured Milk

Chocolate Milk (Whole Milk) Iced	700	390	15	11	0.5	45	310	49	0	49	15	15	0	45	15
Chocolate Milk (Whole Milk) Hot	700	430	17	13	1	50	340	52	0	52	17	15	0	50	15
Coconut Milk Hot / Iced	700	460	16	8	0	0	65	80	1	71	2	0	0	4	0
Honeydew Milk Hot / Iced	700	380	8	7	0	0	85	76	0	76	2	0	0	4	0
Pudding Milk Hot / Iced	700	380	10	8	0	0	100	75	2	73	2	0	0	4	0
Red Bean Milk ( Skim Milk) Hot	700	160	0.4	0.2	0	5	190	27	1	24	13	20	0	40	2
Red Bean Milk ( Skim Milk) Iced	700	210	1	0.5	0	5	260	34	2	28	15	20	6	45	4
Red Bean Milk (Soy Milk) Hot	700	190	6	0.5	0	0	210	22	2	15	11	6	0	40	20
Red Bean Milk (Soy Milk) Iced	700	220	6	1	0	0	250	28	3	19	13	8	0	40	20
Red Bean Milk (Whole Milk) Hot	700	250	11	8	0.5	35	190	27	1	24	12	10	0	35	2
Red Bean Milk (Whole Milk) Iced	700	290	12	9	0.5	35	220	33	2	29	13	10	0	40	4
Taro Milk Hot / Iced	700	370	12	9	0	0	140	71	2	60	2	0	0	6	0

\*Portion size ordinarily served to the guest

# NUTRITION INFORMATION

	*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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## Special Cold

Coffee Mocha Iced	700	140	6	3.5	0	20	105	21	0	19	1	4	0	2	10
Coffee Espresso Iced	700	100	5	3	0	20	15	14	0	14	0.4	4	0	2	0
Coffee Latte (Skim Milk) Iced	700	120	0.3	0.2	0	0	65	27	0	27	3	6	0	10	0
Coffee Latte (Soy Milk) Iced	700	130	2	0.3	0	0	70	25	0	24	3	2	0	10	6
Coffee Latte (Whole Milk) Iced	700	140	3	2.5	0.1	10	65	27	0	27	3	2	0	10	0
Coffee UFO Iced	700	260	11	7	0.2	45	55	38	0	34	2	15	0	6	0
Iced Tofu Pudding	700	350	3.5	0	0	0	35	70	4	56	11	0	0	35	20

## Special Hot

Coffee Americano 12oz	700	0	0.1	0	0	0	20	0	0	0	0.1	0	0	0	0
Coffee Americano 20oz	566	0	0.2	0	0	0	30	0	0	0	0.1	0	0	2	0
Coffee Latte Hot (Skim Milk) 12oz	340	90	0.3	0.2	0	5	115	13	0	13	9	15	0	30	2
Coffee Latte Hot (Skim Milk) 20oz	566	130	0.5	0.3	0	10	170	19	0	19	13	25	0	45	2
Coffee Latte Hot (Soy Milk) 12oz	340	110	4.5	0.5	0	0	135	8	1	6	7	6	0	30	15
Coffee Latte Hot (Soy Milk) 20oz	566	160	7	1	0	0	200	13	2	10	11	8	0	45	20
Coffee Latte Hot (Whole Milk) 12oz	340	160	8	6	0.4	25	120	12	0	13	8	8	0	25	2
Coffee Latte Hot (Whole Milk) 20oz	566	230	13	9	0.5	40	180	18	0	20	12	10	0	40	2
Coffee Mocha Hot ( Skim Milk) 12oz	340	130	0.5	0.4	0	5	160	24	0	23	8	10	0	25	8
Coffee Mocha Hot (Skim Milk) 20oz	566	200	1	0.5	0	5	230	36	0	34	11	20	0	35	15
Coffee Mocha Hot ( Soy Milk) 12oz	340	150	4	0.5	0	0	170	21	1	18	7	4	0	25	20
Coffee Mocha Hot (Soy Milk) 20oz	566	220	6	1	0	0	250	31	1	26	10	6	0	35	30
Coffee Mocha Hot (Whole Milk) 12oz	340	190	7	5	0.3	20	160	24	0	24	7	6	0	20	8
Coffee Mocha Hot (Whole Milk) 20oz	566	280	11	8	0.5	30	230	35	0	35	11	10	0	30	15
Hot Tofu Pudding	700	450	5	0.8	0	0	50	95	0	71	10	0	0	20	8
Longan Ginger Tea Hot	700	210	0	0	0	0	4	53	0	26	0	0	0	0	0
Longan Red Date Tea Hot	700	210	0	0	0	0	9	52	0	1.4	0	0	0	0	0

## Classic Smoothies

Banana Ice Cream Smoothie ( Skim Milk)	700	440	7	4	0.2	25	85	91	4	70	7	15	25	20	4
Banana Ice Cream Smoothie (Soy Milk)	700	450	8	4.5	0.2	25	95	89	5	68	7	10	25	20	8
Banana Ice Cream Smoothie (Whole Milk)	700	470	10	7	0.4	35	85	91	4	71	7	15	25	15	4

\*Portion size ordinarily served to the guest

# NUTRITION INFORMATION

*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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## Classic Smoothies ...continued

Black Twist Smoothie	700	550	24	14	0.2	55	210	81	0	63	5	8	0	8	0
Blueberry Smoothie	700	320	0.5	0	0	0	65	44	2	31	1	0	20	2	2
Calpico Yogurt Smoothie	700	350	0	0	0	0	30	99	0	0	1	0	0	0	0
Chocolate Smoothie ( Skim Milk)	700	280	1	0.5	0	5	210	60	0	58	8	15	0	25	15
Chocolate Smoothie (Soy Milk)	700	290	4	1	0	0	230	57	1	53	7	4	0	25	25
Chocolate Smoothie (Whole Milk)	700	340	8	6	0.3	20	210	60	0	59	8	6	0	20	15
Coconut Smoothie (Whole Milk)	700	510	16	6	0.3	15	100	87	1	79	7	6	0	20	0
Coconut Smoothie ( Soy Milk)	700	480	13	2.5	0	0	110	84	1	74	6	4	0	20	10
Coconut Smoothie (Skim Milk)	700	470	10	2.5	0	5	95	87	1	78	7	10	0	20	0
Espresso Coffee Smoothie (Cream)	700	380	14	9	0.2	55	60	60	0	56	3	15	0	8	0
Espresso Coffee Smoothie (Skim Milk)	700	320	6	4	0.2	25	80	62	0	59	4	10	2	10	0
Espresso Coffee Smoothie (Soy Milk)	700	320	7	4	0.2	25	75	61	0	57	4	10	0	10	4
Espresso Coffee Smoothie (Whole Milk)	700	330	8	5	0.3	30	75	62	0	59	4	10	0	10	0
Grape Smoothie	700	340	0	0	0	0	10	85	0	2	0	0	2	0	0
Green Apple Smoothie	700	430	0	0	0	0	0	108	0	22	0.5	0	0	0	0
Honeydew Smoothie (Skim Milk)	700	350	2.5	1	0	5	120	74	0	74	8	10	0	25	0
Honeydew Smoothie (Soy Milk)	700	370	5	1.5	0	0	135	71	1	69	7	4	0	25	10
Honeydew Smoothie (Whole Milk)	700	410	9	6	0.3	20	125	73	0	74	7	6	0	25	0
Kiwi Smoothie	700	320	0.5	0	0	0	55	81	3	31	1	2	150	4	2
Lychee Smoothie	700	380	0	0	0	0	240	95	0	11	0.1	0	0	0	0
Mango Ice Cream Smoothie ( Skim Milk)	700	470	6	4	0.2	30	180	93	1	54	8	25	20	25	6
Mango Ice Cream Smoothie ( Soy Milk)	700	480	9	4.5	0.2	25	190	90	1	50	7	15	20	25	15
Mango Ice Cream Smoothie (Whole Milk)	700	510	11	8	0.4	40	180	92	1	54	8	20	20	20	6
Mango Smoothie	700	280	0	0	0	0	80	70	1	34	1	0	20	2	6
Matcha Ice Cream Smoothie ( Soy Milk)	700	610	21	12	0.5	75	220	85	1	74	12	30	0	40	10
Matcha Ice Cream Smoothie (Skim Milk)	700	590	18	12	0.5	80	210	89	0	80	13	40	0	40	0
Matcha Ice Cream Smoothie (Whole Milk)	700	550	20	13	0.5	80	140	81	0	72	8	30	0	20	0
Milk Tea Ice Cream Smoothie	700	465	20.1	19.3	0.1	7.7	130	80	0	78	2.5	0	0	4	0
Mocha Smoothie (Cream)	700	390	15	9	0.2	55	120	63	0	58	3	15	0	8	8

\*Portion size ordinarily served to the guest

# NUTRITION INFORMATION

*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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## Classic Smoothies ...continued

Mocha Smoothie ( Skim Milk)	700	340	6	4.5	0.2	25	130	65	0	60	4	10	0	10	8
Mocha Smoothie ( Soy Milk)	700	340	7	4.5	0.2	25	135	64	0	59	4	10	0	10	10
Mocha Smoothie (Whole Milk)	700	350	8	5	0.3	30	135	64	0	60	4	10	0	10	8
Oreo Twist Ice Cream Smoothie (Skim Milk)	700	570	16	9	0.2	30	300	93	0	76	13	25	0	35	15
Oreo Twist Ice Cream Smoothie (Soy Milk)	700	580	20	10	0.2	25	320	89	1	69	11	15	0	35	30
Oreo Twist Ice Cream Smoothie (Whole Milk)	700	630	24	15	0.5	50	300	92	0	76	12	15	0	30	15
Passion Fruit Smoothie	700	350	0	0	0	0	170	86	0	0	0.5	0	0	0	0
Peach Smoothie	700	410	0	0	0	0	170	101	0	16	1	2	30	0	2
Pineapple Smoothie	700	340	0	0	0	0	55	84	0	2	0	0	2	0	0
Pudding Smoothie (Whole Milk)	700	410	10	6	0.3	20	140	72	2	70	7	6	0	25	0
Pudding Smoothie (Skim Milk)	700	360	3.5	2	0	5	140	73	2	70	8	10	0	25	0
Pudding Smoothie (Soy Milk)	700	370	7	2	0	0	150	69	2	65	7	4	0	25	10
Real Taro Smoothie ( Skim Milk)	700	190	0.3	0	0	5	100	39	4	11	7	15	6	25	4
Real Taro Smoothie (Soy Milk)	700	200	3.5	0.4	0	0	115	36	5	5	6	4	6	25	15
Real Taro Smoothie (Whole Milk)	700	240	7	5	0.3	20	100	39	4	11	7	8	6	20	4
Red Bean Smoothie (Skim Milk)	700	230	0.3	0	0	5	150	48	2	42	9	10	0	25	4
Red Bean Smoothie (Soy Milk)	700	240	3.5	0.4	0	0	170	45	2	37	8	4	0	25	15
Red Bean Smoothie (Whole Milk)	700	280	7	5	0.3	20	160	48	2	43	9	6	0	20	4
Royal Rocher Smoothie	700	640	24.4	13.3	0.5	35.5	355	93	1.7	82	12.7	10	0	35	30
Strawberry Banana Smoothie (Skim Milk)	700	310	3.5	0.2	0	5	190	73	2	59	7	10	10	20	2
Strawberry Banana Smoothie (Soy Milk)	700	320	6	0.5	0	0	210	70	3	54	6	4	10	20	10
Strawberry Banana Smoothie (Whole Milk)	700	360	9	4.5	0.3	20	190	73	2	59	7	6	10	20	2
Strawberry Smoothie	700	240	3	0	0	0	120	61	1	54	0.4	0	60	2	2
Taro Smoothie ( Soy Milk)	700	340	9	3.5	0	0	190	58	2	45	7	4	0	25	10
Taro Smoothie (Skim Milk)	700	320	6	3	0	5	170	61	2	50	8	10	0	25	0
Taro Smoothie (Whole Milk)	700	370	12	8	0.3	20	180	61	2	51	8	6	0	25	0

## Create Your Own Smoothie flavours

Blueberry	50	150	0	0	0	0	45	37	0	36	0	0	0	0	0
Calpico Yogurt	50	140	0	0	0	0	25	34	0	32	0.5	0	1	6	1

\*Portion size ordinarily served to the guest

# NUTRITION INFORMATION

*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein(g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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## Create Your Own Smoothie ...

flavours continued

Chocolate	50	215	5.3	5.3	0	0	215	41	1.8	34	1.8	0	0	2	0
Coconut	50	260	11.4	2.5	0	0	25	38	0.1	26	1.4	0	0	1.5	0
Grape	50	140	0	0	0	0	25	32	0	30	0	0	0	0	0
Green Apple	50	140	0	0	0	0	35	35	0	30	0	0	0	0	0
Honeydew	50	225	2.5	1.2	0	0	45	46	0.2	32	1.3	0	0	2.3	0
Kiwi	50	150	0	0	0	0	0	37	0	34	0	0	0	0	0
Lychee	54	130	0	0	0	0	45	32	0	36	0	0	0	0	0
Mango	50	130	0	0	0	0	25	33	0	31	0	0	0	0	0
Passionfruit	50	160	0	0	0	0	1	40	0	12	0	0	0	0	0
Peach	50	135	0	0	0	0	35	34	0	28	0	0	0	0	0
Pineapple	50	130	0	0	0	0	25	33	0	32	0	0	0	0	0
Pudding	50	210	5.5	4.5	0	0	80	38	0	14	2	0	0	0	0
Strawberry	50	130	0	0	0	0	22	34	0	32	0	0	0	0	0
Taro	50	220	6.6	3.3	0	0	100	41	1.7	28	2	0	0	3	0

## Smoothie Bases includes sugar

Water	700	30	0	0	0	0	25	8	0	8	0	0	0	0	0
Homogenized Milk	700	175	7.5	4.9	0.4	23.2	115	19	0	19	7	10	0	25	0
Skim Milk	700	130	2.3	0.7	0.1	11.6	115	20	0	20	7.8	15	0	30	0
Cream	700	775	79	49	0	291	95	15	0	8.5	4.7	90	2	15	0
Almond Milk	700	60	2.4	0.2	0	0	165	9.2	1	8.3	1	0	0	30	2
Soy Milk	700	120	2.8	0.5	0	0	120	16.9	1	13	5.7	15	4	30	6
Black Tea	700	35	0	0	0	0	20	9	0	8.2	0	0	0	2	0
Green Tea	700	30	0	0	0	0	15	8.3	0	8.3	0	0	0	2	0
Milk Tea	700	235	11.4	11.4	0	0	80	40	0	40	1.1	0	0	2	0
Green Milk Tea	700	235	11.4	11.4	0	0	70	39	0	39	1.1	0	0	2	0

## Fresh Fruit / Seasonal

Avocado Milk (Skim Milk)	700	430	19	3	0	5	140	59	8	50	13	25	20	35	6
Avocado Milk (Soy Milk)	700	460	24	3.5	0	0	160	54	10	42	11	15	20	35	20

\*Portion size ordinarily served to the guest

# NUTRITION INFORMATION

*Serving Size (g)	Calories (kcal)	Total Fat (g)	Saturated Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrate (g)	Dietary Fibre (g)	Sugars (g)	Protein (g)	Vitamin A (%DV)	Vitamin C (%DV)	Calcium (%DV)	Iron (%DV)
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## Fresh Fruit / Seasonal ...continued

Avocado Milk (Whole Milk)	700	520	28	10	0.5	30	140	59	8	50	12	15	20	35	6
Avocado Smoothie (Whole Milk)	700	450	25	8	0.3	20	95	54	8	45	9	15	20	20	6
Avocado Smoothie (Soy Milk)	700	410	22	3	0	0	110	51	9	39	8	10	20	25	15
Avocado Smoothie (Skim Milk)	700	400	19	3	0	5	95	54	8	44	9	20	20	25	6
Papaya Milk (Skim Milk)	700	330	0.5	0.3	0	5	135	72	4	63	12	70	250	40	2
Papaya Milk (Soy Milk)	700	350	5	0.5	0	0	160	67	6	55	10	60	250	40	20
Papaya Milk (Whole Milk)	700	410	10	7	0.5	30	140	72	4	64	11	60	250	35	2
Papaya Smoothie (Skim Milk)	700	290	0.5	0.2	0	5	95	67	4	58	8	60	250	30	2
Papaya Smoothie (Soy Milk)	700	310	3.5	0.5	0	0	110	64	5	53	7	50	250	30	15
Papaya Smoothie (Whole Milk)	700	350	7	5	0.3	20	95	67	4	58	8	60	250	25	2
Strawberry Watermelon Juice	700	130	1.5	0	0	0	190	35	1	30	1	8	20	15	2
Strawberry Watermelon Milk (Skim Milk)	700	180	2	0	0	0	110	41	1	36	5	15	20	15	2
Strawberry Watermelon Milk (Soy Milk)	700	180	3.5	0.3	0	0	120	39	1	33	4	10	20	15	10
Strawberry Watermelon Milk (Whole Milk)	700	210	6	3	0.2	10	110	40	1	36	5	10	20	15	2
Watermelon Juice	700	130	0.2	0	0	0	5	34	1	32	1	8	20	2	2
Watermelon Milk (Skim Milk)	700	180	0.4	0	0	5	65	41	1	39	6	20	20	20	4
Watermelon Milk (Soy Milk)	700	190	3	0.3	0	0	80	39	1	35	5	10	20	20	10
Watermelon Milk (Whole Milk)	700	220	5	3.5	0.2	15	70	41	1	40	6	15	20	15	4

## Add-ons

Aloe Vera (ml)	60	45	0	0	0	0	15	11	0	0	0	0	0	0	0
Coconut Jelly / Lychee Jelly (ml)	60	100	0	0	0	0	5	25	0	0	0	0	0	0	0
Grass Jelly (ml)	60	70	0	0	0	0	160	18	0	9	0	0	0	2	30
Ice Cream (g)	71	130	6	4	0.2	25	40	15	0	12	2	10	0	6	0
Malt (ml)	60	100	0	0	0	0	0	15	5	2	0.4	0	0	0	0
Mango Jelly (ml)	60	100	0	0	0	0	5	25	0	0	0	0	0	0	0
Pearls (g)	104	70	0	0	0	0	0	17	0	1	0	0	0	0	2
Pudding Jelly (pc.)	2	50	1.5	0.5	0	0	20	9	0	8	1	0	0	2	0
Whipped Topping (tb)	1	0	0.1	0	0	0	0	0	0	0	0	0	0	0	0

\*Portion size ordinarily served to the guest